

RIDE SCHEDULE - NOVEMBER 2009

WEATHER: If you think the weather is questionable, call the leader to see if the ride will happen.



Sun 1 * Orting Foothills Trail Ride * 10:00 AM / 35 miles * Sumner, Loyalty Park * Orting Sandwich Shop * Easy hills * Social * I-405 exit 2, SR-167 south, SR410 east, 1st Sumner exit (Traffic Ave), right on Thompson St, left or right on Sumner Ave, and park on street. *

Mon 2 * Group's Choice * 10:00 AM / 20-40 miles * Gas Works Park * Plan lunch stop * Some hills * Social * I-5 exit 169, west on NE 45th St from I-5 northbound, (west on NE 50th St from I-5 southbound), left on Meridian Ave, right on Northlake Way, left into the park. * NOTE: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Tue 3 * Leader's Choice * 10:00 AM / 40 miles * Renton, Cedar River Park * Café * Some hills * Moderate * I-405 northbound exit 4A (southbound exit 4 then south on Sunset Blvd), east on SR-169 for 0.2 mi, right into park, proceed into parking area near Carco Theater & Community Center.

Wed 4 * Cedar River Park to Landsburg * 10:00 AM / 33 miles * Renton, Cedar River Park * Must bring lunch for Landsburg * River grade * Social * I-405 northbound exit 4A (southbound exit 4 then south on Sunset Blvd), east on SR-169 for 0.2 mi, right into park, proceed into parking area near Carco Theater & Community Center. * NOTE: 10 miles of hard packed dirt *

Thu 5 * Lake Cassidy * 10:00 AM / 24 miles * Snohomish, Centennial Trail * Bring lunch for Lake Cassidy * Railroad grade * Social * US-2/SR-9 to Snohomish, east on 2nd Ave, left on Maple, 4 blocks to trail. Park on Maple near intersection with Pine. * No Leader

LUNCH: Food may be purchased at the planned lunch stop unless the ride leader specifies to bring lunch.

Sat 7 * Tukwila to Auburn Super Mall * 10:00 AM / 28 miles * Tukwila, Trailside Parking * Super Mall * Flat * Social * I-405 exit 1, south on West Valley Hwy, right on Strander Blvd, cross river, Immediate right through Bicentennial Park continuing on Christensen Ave. Park on the right south of the 6

hour limit area if needed. Meet at the north end of Christensen Ave.

Sun 8 * Soup & A Roll * 10:30 AM / 25 miles * Kenmore, Logboom Park (Tracy Owen Station) * Lunch stop inside Metropolitan Market just off Burke Gilman Trail * A few easy hills, return on trail * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, right on 175th St. Park in the parking lot. *

Mon 9 * Explore Link Light Rail * 10:00 AM / 20-40 miles * Gas Works Park * Plan lunch stop * Some hills * Social * I-5 exit 169, west on NE 45th St from I-5 northbound, (west on NE 50th St from I-5 southbound), left on Meridian Ave, right on Northlake Way, left into the park. * NOTE: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Tue 10 * Angle Lake to Fremont * 10:00 AM / 45 miles * SeaTac, Angle Lake Park * Café * Couple of hills * Moderate * I-5 exit 151, west on S 200th St, right on International Blvd for 0.3 miles, right at stoplight into park.

Wed 11 * Tukwila Community Center to Alki * 10:00 AM / 30 miles * Tukwila, Community Center * Alki * Flat * Social * I-5 (Southbound) Exit 156, right on Interurban Ave (for 0.6 mile). [I-5 (Northbound), Exit 156 (keep right to stay on ramp to first exit), left on Interurban Ave.] Turn right on 42nd Ave S over Duwamish. Turn right on 124th and park in NE section of parking lot. *

Thu 12 * Lake Sam to Red Hook * 10:00 AM / 28 miles * Issaquah, Lake Sammamish State Park * Red Hook * Flat * Social * I-90 exit 15, follow signs to the park. Use first unpaved parking area on the LEFT. *

Sat 14 * Ruby Chow to Panera in Tukwila * 10:00 AM / ~25 miles * Seattle, Ruby Chow Park (north end Boeing Field) * Panera Bread * Flat * Social * I-5 exit 161 (Southbound: Albro exit. Northbound: Swift Ave. north, left on Albro.) South on 13th Av S to Hardy. Park on the north side of Hardy. *

Sun 15 * Cedar River Trail to Maple Valley Grange * 10:00 AM / 30 miles * Renton, Cedar River Park * Pancake Brunch * Some hills * Social * I-405 northbound exit 4A (southbound exit 4 then south on Sunset Blvd), east on SR-169 for 0.2 mi, right into park, proceed into parking area near Carco Theater & Community Center. * NOTES: Brunch \$5.00 includes ham, eggs, beverage and unlimited pancakes. Planned return is via May Valley.

Mon 16 * Visit Volunteer Park Conservatory * 10:00 AM / 20-40 miles * Gas Works Park * Plan lunch stop * Some hills * Social * I-5 exit 169, west on NE 45th St from I-5 northbound,

* No Leader Tours - Someone must record names of the tour participants and submit the list for mileage credit.

Pace: SLOW - 10 mph & below, SOCIAL - 10 to 13 mph, MODERATE - 13 to 16 mph, FAST - 16 mph & above

Terrain Difficulty: Flat, Easy Hills, Moderate Hills, Hilly, Strenuous Hills

Listing Sequence: Date * Tour Name (Tour #) * Start Time / Distance * Start point * Lunch stop * Terrain * Pace * Driving directions to start point

* NOTES: (if any) * Leader & Phone (cell/home/work)

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(west on NE 50th St from I-5 southbound), left on Meridian Ave, right on Northlake Way, left into the park. * NOTE: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Tue 17 * Three Friends to Issaquah * 10:00 AM / ~45 miles
 * Kent, Three Friends Fishing Hole * Café * Few hills *
 Moderate * From West Valley Hwy, proceed west on 196th St for 0.5 mi, road swings left becoming Russell Rd, go 0.2 mile, left at traffic light (before bridge), 200 yards to parking.

Wed 18 * Issaquah to Renton * 10:00 AM / 34 miles *
 Issaquah, City Hall / Police Station * Renton * A little hilly *
 Social * I-90 exit 17, south on Front Street, left on Sunset, first right onto 1st Ave. S. Use public parking near the city hall. Meet at Police Station, 130 E Sunset Way. *

Thu 19 * Molbak's Holiday Ride * 10:00 AM / 25 miles *
 Redmond, Marymoor Park (trailhead) * Molbak's * Flat *
 Social * SR-520 Lake Sammamish Way exit, follow signs to the park. Park in first area on the left. Car parking fee is \$1.

Sat 21 * Three Friends to Uwajimaya * 10:00 AM / 40 miles
 * Kent, Three Friends Fishing Hole * Uwajimaya * Minor hills *
 Moderate * From West Valley Hwy, proceed west on 196th St for 0.5 mi, road swings left becoming Russell Rd, go 0.2 mile, left at traffic light (before bridge), 200 yards to parking. *

Sun 22 * Logboom to Maltby * 10:00 AM / 30 miles *
 Kenmore, Logboom Park (Tracy Owen Station) * Maltby *
 Quite HILLY * Social * SR-522 (Bothell Way NE) to 61 Ave NE, south on 61st, left on 175th St. Park on 175th St. east of park entrance.

Mon 23 * Group's Choice * 10:00 AM / 20-40 miles * Gas Works Park * Plan lunch stop * Some hills * Social * I-5 exit 169, west on NE 45th St from I-5 northbound, (west on NE 50th St from I-5 southbound), left on Meridian Ave, right on Northlake Way, left into the park. * NOTE: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *

Tue 24 * Brannan Park to Puyallup * 10:00 AM / ~40 miles
 * Auburn, Brannan Park * Café * Some hills * Moderate * SR-167 south to 15th St NW exit, east on 15th, left on Auburn Way, right on 28th St NE to the park.

Wed 25 * Fort Dent and South * 10:00 AM / 25 miles *
 Tukwila, Fort Dent Sports Complex * Bring snack (no lunch stop) * Flat * Social * I-5 exit 154, I-405 east to exit 1, north on Interurban Ave, right on Fort Dent Way, left at traffic circle to the park. Note: If they are charging for an event park elsewhere and bike there. * NOTE: The goal is a brief short ride before Thanksgiving preparations. *

Sat 28 * Cedar River Park to Issaquah * 10:00 AM / 34 miles * Renton, Cedar River Park * Gillman Village * Some hills * Moderate * I-405 northbound exit 4A (southbound exit 4 then south on Sunset Blvd), east on SR-169 for 0.2 mi, right into park, proceed into parking area near Carco Theater & Community Center. *

Sun 29 * Jack Block to Tukwila * 10:00 AM / 28 miles *
 West Seattle, Jack Block Public Access (Alki) * Panera Bread * Flat * Social * I-5 exit 163/163A, west 2.3 miles on West Seattle Freeway, Harbor Ave Exit north, in about 0.9 mile turn right through the Jack Block Access red-top arch and meet by the restroom.

Mon 30 * Group's Choice * 10:00 AM / 20-40 miles * Gas Works Park * Plan lunch stop * Some hills * Social * I-5 exit 169, west on NE 45th St from I-5 northbound, (west on NE 50th St from I-5 southbound), left on Meridian Ave, right on Northlake Way, left into the park. * NOTE: All parking spaces now have a 4-hour time limit. If you need more time, park to the east on Northlake Wy. *



<u>Dates</u>	<u>Tour Name</u>	<u>Leaders</u>
Late Feb 2010	Port Townsend	Mack Van Wyk
Time to plan for next year! Send preliminary plans to Buff.		

Should we schedule fewer rides? What out-of-town trips would you like to see?—Buff Chace

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